SUN VALLEY NEWS

ARIZONA STATE HOSPITAL

l. 8, No. 2 | Phoenix, Arizona | February, 1961

The Patients' Library As Seen By A Patient

Andrew L. Means

Having been a patient in this Hospital for the past nine months, I feel I can speak from experience. Many wonderful things have been and are daily being done by the State of Arizona. Dr. Wick and his entire staff, all working together constantly in an effort to meet the needs of these patients, who are mentally ill. If at times we are ever inclined to criticize . . . let us think how tremendous the problems of management must be for all of these people.

In my humble opinion, the greatest thing that has recently been accomplished, is the opening of the Patients' Library. Only too well do I know what it means to sit for endless hours on the ward with nothing to do. Even after we have done the work assigned to us, participated in the various forms of entertainment that is furnished for us, there are still many long hours of idleness that often make life almost intolerable.

Then came the news of the opening of our beautiful Library offering us its many benefits, all of which can not be expressed in words. Every day new books a variety to satisfy the reading tastes of most every patient, are filling the shelves. Here there is an atmosphere of peace, conducive to reading, study and meditation. It is a refuge from the noise and confusion of words, where nothing can be done about it.

Greatest of all is the Librarian, Mrs. Johnson, with her many years of experience, her pleasant personality, along with her knowledge of books, enabling her to assist each individual patient in finding just the books they desire. Most desirable of all . . . is her patience.

The sad thing is that more patients do not avail themselves of the enjoyment and benefits of these facilities; however, one notices that gradually the daily attendance is increasing.

CAREERS GROUP VISITS HOSPITAL

A group of 125 student members of Careers, Inc. participated in a special visit to the Hospital on January 21. In the Auditorium they were greeted by Dr. Wick and then listened to talks on four occupations in Mental Health; Mrs. Carter on Social work, Mrs. Burnhan on Psychiatric Aide, Miss Kellogg on O.T. and Mrs. McEntee on R.T.

They visited the "K" Building where they were able to ask questions of the personnel. Refreshments were served on O.T.

Facts About Your Social Security

QUESTIONS & ANSWERS

Rex A. Bigler

1. Why does the Social Security Administration place so much importance on correct reporting of your social security number, and the use of your name as shown on the Social Security records?

Old-age and survivors insurance benefits are based on an insured person's average monthly earnings over the years he has worked in jobs covered by social security. If wages or self-employment income have not been properly reported under the name and number shown on his social security card, he may not receive full credit for all of his wages or self-employment income. This would result in his average monthly wage being decreased and his social security benefits, which are based on the average monthly wage, would be proportionately decreased. For this reason the Social Security Administration requests that every self-employed person, wage earner, and employer cooperate by using the name and number as shown on the social security card.

2. Why is it important to have only one Social Security number?

One social security card, one social security number, is all that is necessary for any one person. Having more than one number is almost as bad as having none. For every original account number issued, a wage record is established by the Social Security Administration and all wages reported under that number are credited to that account. If a person has two numbers he may have wages credited to two different accounts and it is possible that those accounts will be considered as belonging to two different people and may never be combined or properly credited to one person.

3. What should you do if you lose your social security card?

If you've lost your social security card you should apply for a duplicate. **Be sure to state that you have had a card before.** If you indicate you have never had a card before, you might get a new number, your pay might be credited to more than one account on the social security records and payments to you and your family might be delayed or reduced. If you already have more than one account number, get in touch with the nearest social security office and find out which number to use. You may get an application for a social security card from the hospital business office.

4. How can I check my social security record?

The social security office has a post card form for use of any worker who desires to check his account to make sure he gets proper credit for work he has done in covered employment. These cards are free for the asking. When this card is sent to the social security office in Baltimore, Maryland, you will shortly thereafter receive a statement of your earnings, showing your total earnings since social security began, and also a breakdown by years for the past two or three years.

Operation Exodus . . .

Social Service

This is the second in a series of articles about Operation Exodus, a project of the Social Service Department with the close cooperation of practically every department in the Hospital. This is an effort to strengthen the family and community ties of our geriatric patients and also to assist a number of our geriatric patients to make the transition from life in the Hospital to life in the community.

We wish to highlight the role of our Psychiatric Aides and the assistance given by them in planning for the geriatric patients' leaving the Hospital. Because of the Psychiatric Aides' close association with the patients on the ward, they can describe the patients' behavior in detail. They can also give information regarding the patients' personal likes and dislikes, and can describe what may be irritating to a particular patient. Often the success or failure of a patient's placement may depend upon the family or nursing home being familiar with these intimate details. This, combined with other knowledge regarding the patient, is passed on to the family or nursing home prior to the patients' discharge.

The help given by the Aides in assisting the patient to make a good adjustment to the Hospital is a most important step in the preparation for the patient's eventual return to the community. We have found that those patients who make a good Hospital adjustment usually make a good community adjustment.

Every time a patient leaves the Hospital, the aides may be proud of their vital participation in the patients' therapy.

SUN VALLEY NEWS

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All material for the SUN VALLEY NEWS should be handed in by the 20th of each month.

Patients admitted during January.....164
Patient left during January.....138
Total patient population as of
Total patient population Jan. 31.....1667

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Visiting Hours

Tuesday, Wednesday,
Thursday ..... 1:00 to 3:30 p.m.
Saturday, Sunday,
holidays .....10:00 to 11:00 a.m.
1:00 to 3:30 p.m.

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MUCHAS GRACIAS

Our sincere thanks and appreciation to "Ted" Grites and Family, Box 1412, Prescott, for the candy; to the Sun Valley Homemakers, and Mrs. Virgil Wuertz, Rt. 1, Box 134, Casa Grande, and to the Sun Valley Homemakers, Box 914, Coolidge, for the homemade cookies; and to the Ladies' Auxiliary, Brotherhood of Railroad Trainmen, Mrs. Gordon Manning, 1124 E. 10 St., and Grabe Electric Co., 26 E. Congress, Manager Mr. Heath and Salesman Mr. Jim Stewart, and the Ladies' Auxiliary, Order of Railway Conductors & Brakemen, Mrs. Kate Johnson, 749 E. 10 St., and all of Tucson, for the television.

And to "Art" Siebert, Engineering, Landscape of this Hospital; George Calahan, 1013 E. Echo; Indian Center, 28 S. Wall; Mr. Bruner, Bruner Wholesale, 515 E. Lincoln; the Cactomaniacs, c/o Desert Botanical Garden, Tempe; Miss Dean Watson, 235 E. Illini; and F. E. White and his B P O E, 330 W. Washington; Epsilon Sigma Alpha Sorority, Beta Eta, Miss Mary Ann Brownlow, 1422 E. Monte Vista; L'Eve's Beauty Parlor, 529 W. McDowell; V F W Auxiliary 720, Mrs. Phyllis Lacey, 1109 N. 16 Pl.; American Legion, Mrs. L. Hart, Ray; Mrs. Greta Gilmore, 4316 N. 3 Ave.; Mrs. Sijacic, 4212 N. 19; Mrs. P. G. Palmer, Hacienda Ague Linda, Amado; Mrs. Chas. Boyle, 1934 W. Oregon; Mrs. Steve Hrnjak, 1918 E. Pinchot; Christian Church, Mrs. Stubbs, 2613 W. Campbell.

Gifts were also presented by the Verde Mental Health Association, Mrs. Joyce Crawford, Box 119, Cottonwood; Mrs. Giffin, 2115 N. 12 Ave.; Soroptomists, Adams Hotel, Flarence Zimmer, 35 E. Indianola; Paradise Valley Country Club, William Hodges, Manager, 7101 N. Tatum, Scottsdale; Mrs. Fetters, 2616 N. Evergreen; Edward Torzez, R. 1, Box 550, Mesa; Chandler P. E. O., Mrs. Clyde Rowe, R. 2, Box 142, Chandler; Mr. & Mrs. A. P. Scott, 62 W. Edgemont; Home Savings Loan, Mrs. Betty Collison, 40 E. Thomas; Ann Anderson, 1505 W. Culver; V. F. W. 720 Auxiliary, Mrs Le Roy Roberts, 1311 N. 12; Tubercular Health Association, 733 W. McDowell, Ann Dunbar; Mountain View School, Class 8 A, Mildred Watts, Teacher, 1502 W. Mountain View; Vista Department & Hardware, 3223 E. McDowell.

And Employees' Club Room, Air Research, 402 S. 36; Harold Smith, American Legion, 276 E. Virginia; Mary Ann Brownlow, President, Beta Eta, Epsilon Sigma Alpha, 1422 E. Monte Vista; Neb's Market, 4336 E. Thomas; Epsilon Sigma Alpha, Beta Phi, Mrs. Phylis Foote, 2921 E. Willetta; Fred Pacinelli, Wagon Wheel Liquor Shop, 4248 E. Thomas; Wagon Wheel Hardware, Harry R. Hathaway, 4326 E. Thomas; Coconino Mental Health, Mrs. Olive Orr, Executive Director, Box 711, Flagstaff; A. J. Bayless, 111 E. Henshaw; Pima County Mental Health, Mrs. Elizabeth Basteen, Executive Director, 5 W. Jackson, Tucson; Esquire Men's & Boy's Wear, 4324 E. Thomas; Boy Scout Troop No. 79, Mrs. Shields, 127 E. 15, Tempe; El Rancho Pharmacy, 4332 E. Thomas; Klothes Kloset, 4328 E. Thomas; F & E Variety, 812 N. 24; Coolidge Woman's Club, Mrs. Carla McManus, President, W. Wilson, Coolidge; Inter Fraternity Pledge, A. S. U., Tempe; Verde Valley Mental Health, Sedona; Eudora Patterson, Box 98, Cottonwood; Bernice B. Hulet, County School Superintendent, Kingman; Garfield Methodist, W. S. C. S., Mrs. William Brummitt, 1901 E. Moreland.

Also Desert Woman's Club, Coolidge; Thrift Rexall Drug, Lou Liepack, Pharmacist, 4103 E. McDowell; General Electric Wives' Club, Mary Ann Raile, 227 S. SCountry Lane, Scottsdale; Wagon Wheel Variety, 4322 E. Thomas; Business & Profesional Women's Club, Safford; Greenlee County Mental Health (Clifton), Ester Klineman, President, Box 851; Orchesis, A. S. U., Tempe; Sun Valley Homemakers, R. 1, Box 118, Coolidge.

And to the Salvation Army, Mrs. Watson, Divisional Headquarters, 628 N. 3 Ave., for distributing "Sunshine Bags" on the wards.

Employees Awarded Certificates

Mary Pittman, Director of Nurses

Upon completion of a series of classes in Supervisory Techniques; fifteen employees, in a supervisory capacity here at A.S.H., were awarded their certificates on Wednesday afternoon, January 25, 1961.

Today it is necessary for the career minded person to put forth extra effort in order to maintain and promote standards in his particular field, consequently it was gratifying to note that this group gave evidence of their endeavor to maintain and improve themselves, both by their attendance and purposeful participation during the sesions.

The classes were instructed by Mr. L. L. Wingo, Coordinator, Industrial Education, Arizona State College, Flagstaff. Mr. Wingo and Mr. William L. Woodfin, State Supervisor of Industrial Education, presented the certificates.

This is a "first" at A.S.H. and we feel it was of valuable assistance in going forward.

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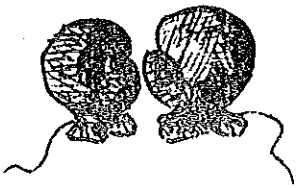
Recreation

by

Claressia Hall



Since the holiday season, the new headquarters of the Recreation Department has been a bee-hive of activity.

Three afternoons a week the Recreational band plays for an hour. Here you will find patients either dancing, playing ping pong or table games, or perhaps just relaxing and enjoying the music.

The girls from K-1, seem to look forward to their afternoons at Recreation. Among other things they especially enjoy listening to the music.

As soon as our record cabinet is completed and the records have been cataloged, there will be a room set aside for those patients that wish to spend their time listening to the recordings of their choice.

There has been more enthusiasm than was anticipated over the prospects of our sponsoring a Ping Pong and Table Tennis Tournament, which we hope will start in the very near future. Those who are interested and wish to participate in these tournaments, may sign up immediately in the department. It is also the aim of the department to set up a complete course in gymnastics in the very near future.

With time slipping by rather hurriedly, April will soon be here and this is the time for our Annual Carnival to take place. We are hoping that this year there will be more activities and prizes than ever before and that it will be one of our best.

Thanks to Alma and Dave Beck, Mary and Omar Caven, Miss Rosenberg and members of the Recreation Department, 30 patients were privileged to enjoy the "Little Gaelic Singers," at the Phoenix Union High School.

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Gray Ladies and Men

Agnes Ericson

The Christmas Season is a thing of the past but the reminiscing is still with us.

Not only did we put on many holiday affairs but many other individual organizations provided ward parties at which the Gray Ladies assisted. Yes! Christmas was a happy time at the State Hospital.

We welcome two new members, Nachita Diaz and Jose Illan, to our group. Both are natives of Mexico and already have endeared themselves to the patients, especially our Spanish speaking patients.

Several Gray Ladies assisted with the annual visit of the x-ray unit during the time it was here at the Hospital.

Both the Gray Ladies and Men welcomed the opening of the Gray Ladies and Mens' Lounge, on Friday the 13th. Located in the new Rehabilitation Center, adjacent to the Patients' Library. A pleasant room that has been attractively and comfortably furnished. A room that we can call our own where we can meet, relax and discuss current events as well as future activities. Needless to say, we shall all enjoy the privilege of having such a room and deeply appreciate all the convenient facilities that it offers.

Chaplain's Corner

Paul W. Strickland, Chaplain

STEPS TO RECOVERY

Two people who marry should not only be in love, they should be friends first! There are steps toward a sound marriage. These steps are as follows: friendship, dating, courtship, engagement and marriage. One step does not necessarily follow the other, for many people are friends who never even date! On the other hand, each of these steps must precede the other if a sound marriage is to follow. For if one or more of these steps is skipped, the marriage resulting is built on a shaky foundation. Genuine love is patient, patient enough to proceed through steps to marriage.

"The journey of a thousand miles begins with one step" — and then another! Many alcoholics have found another and better way of solving problems than by drowning them. This way is described in the famous Twelve Steps of Alcoholics Anonymous. They frequently have written "This is a message of hope based on experience, the story of a **simple program of recovery** from an illness that has shattered the peace and happiness of many homes."

No matter what kind of journey any of us take, we must **start from where we are.** We cannot start at any other place, whether it is a journey of faith or of adventure or whatever. One former mental patient, Dr. Anton Boisen, has recorded his Christian convocation as follows: "God is love, and the good man in His sight, is not one who measures up to a fixed stand; **but one who, no matter what he has been, is moving to become better."**

The final goal for an alcoholic is not just to quit drinking, but to develop new wholesome habits. For "if you take a crutch away from any one, you must give him something else to walk with." No person replaces old habits with new ones overnight — or without personal effort, and probably with an occasional return to old habits!

One man expressed a prayer of gratitude in this way:

"Oh Lord, I ain't what I ought to be,
And I ain't what I want to be,
And I ain't what I'm going to be,
But, O Lord, I thank Thee,
I ain't what I used to be."

Another man recorded "A Prayer for Strength" as follows:

"I do not ask a lifted load,
Nor for a smooth and thornless road;
Simply for strength enough to bear
Life's daily burdens anywhere.
Strength for each trial and each task,
What more, my Father, should I ask?
Just as I need it, day by day,
Strength for my weakness—this I pray."

Remember the saying "Rome wasn't built in a day." We did not become what we are in a day, nor do we rebuild our way of living in a day. Throughout life there will be growing pains wherever growth takes place like those of cutting teeth.

Let us also lay aside excess baggage, and run with patience the race of life that is set before us. We cannot hang onto old hurts, nurturing problems that have been half solved, picking at sore spots that are not yet completely healed. Nor does joy in progress toward an ultimate goal mean that we are content to stop along the way.

Steps to recovery must be continued. We arrive at one goal only to set another. Steps of recovery is just another way of describing a program for personal growth, for "life is hard by the yard, by the inch it's a cinch."

New Faces

Dr. Arnold L. Kendal, Resident Physician, was born in Poland, leaving there in 1944 to go to West Germany, where he attended Pre-Medical school at the University of Kiel from 1946 until 1949, at which time he came to the United States, arriving in Los Angeles in '49. He attended U.C.L.A. from 1950 through 1953.

Dr. Kendal returned to Europe in '54, spending some time at Zurich, Switzerland and in 1955 he attended the Munich University.

He returned to the United States, coming on to Phoenix and served his internship at St. Joseph's Hospital, before joining the staff here at A.S.H.

Dr. George C. Dorsey, who has recently joined the medical staff, is a native of Clinton, Ohio. A graduate of Northwestern University, Chicago; serving his internship at the Evanston Hospital, Evanston, Illinois. For many years Dr. Dorsey maintained a general practice in Minneapolis, Minn., where he also attended classes in Psychology at the University of Minnesota. In 1944, he limited his practice to this field.

Visiting Phoenix for the first time, about two years ago, he returned here last December at which time he joined the staff at A.S.H.

Dr. Dorsey is married and the proud dad of four sons, two of whom are Psychiatrists and a talented daughter, a champion figure skater, who has participated in both the Olympics and the World's Championships.

FASHION SHOW

The K-1 Cafeteria was the scene of a Fashion Show, Tuesday evening, January 31st., sponsored for the girls on K-1 by the Epsilon Sigma Alpha, Beta Phi Chapter.

Several attractive models displayed the latest in sports wear and general attire for the group, much to the enjoyment of all those present.

Refreshments were served and everyone had a wonderful time.

Community Contacts

Mr. Schlossberg spoke at a meeting of the South Phoenix Optimist Club on the subject, "Narcotics and Teenagers."

Mrs. Louise Edwards, Chief Dietitian, talked about her profession at a meeting of the Career Club for 7th and 8th graders at Percy Julian School. Mrs. Irene Wingfield, Dietitian, also spoke to another Club at Rio Vista School. These clubs are sponsored by Careers, Inc.

The Central Arizona Dietetic Association held its January meeting at this Hospital.

Mr. Clelland was host at a dinner meeting at the Hospital for eight hospital purchasing agents on January 25th. At this time they formed an Arizona Chapter of the National Association of Hospital Purchasing Agents, and officers were elected. Mr. Bill Dick, Arizona State Hospital Purchasing Manager, was elected President.

Chaplain Strickland attended the Ministerial Breakfast for State Legislators at the YMCA. Guests were the Governor, Mayor, Secretary of State, Attorney General, 12 Senators and 26 Representatives.

Chaplain Strickland spoke to the Men's Fellowship Dinner at First Baptist Church regarding "The Church and Social Action." The film, "Operation Abolition" was also shown. On one Sunday afternoon recently Chaplain Strickland gave an orientation talk and short tour for 26 Senior High young people from Westminster Presbyterian Church. That evening he talked with 8 college young people from the same Church before they had a Fellowship-social in the K-Building. The Chaplain also spoke at a meeting of the Women's Missionary Society, First Baptist Church, about "Christian Social Relations."

Mr. R. A. Clelland, Business Manager, has recently been elected Governor of Region 6, American Society of Mental Hospital Business Administrators, also President elect for the National Association of Hospital Purchasing Agents and Nominee for the American College of Hospital Administrators.

Questions & Answers

By Personnel Department

Question: I have an extra Hospital key I do not need. May I turn it in to the Personnel Office?

Answer: No. The issuing and receiving of Hospital keys is done by the Engineering Department. See Procedure Letter B-5, dated February 1, 1961.

Safety Box Score

Accidents during January.....22
Accidents during December.....21

Accidents that Happen: An employee was burned when another party bumped his tray upon which he was carrying a cup of hot coffee.

Prevention: This is a typical accident in which a person is injured by the careless actions of another party. When working with other people the safety of the group should always be considered.

ABOUT FOLKS WE KNOW

By Clara Castellana

Many of you will fondly remember the Drs. Fred and Mary Weber. Word was received recently that Dr. Fred passed away on December 27, 1960 in California. We extend our sincere sympathies to Dr. Mary and family at this time.

BUSINESS OFFICE . . . Fred Loase resigned his position at Assistant Business Manager here to become Business Manager for the Southwestern School of Missions where he will be in charge of training missionaries in preparation for their work among the Indian tribes . . . Margo Paproski spent a leisurely vacation at home during the month.

ENGINEERING SERVICES . . . Our condolences are extended to Dan Bollini whose mother and father passed away in Akron, Ohio . . . R. E. Fenske is still off duty ill and his friends hope he will soon be feeling better . . . Art Flesch recently journeyed to California to visit relatives . . . Rex Leonard was ill for about a week, but is back on the job . . . Frank Schaumburg suffered a back injury and had to stay at home for a while . . . John Van Note took a week's vacation, during which time he attended a church revival . . . Robert Lemond visited with his brother in Los Angeles during his January vacation.

DIETARY DEPARTMENT . . . Harold Van Norton was at home for about a week due to a back injury . . . Thomas Gessner took a short vacation to recuperate following an illness . . . Jewel Hudson visited with her family in Texas during the month . . . Marie Starkweather rested at home during her vacation . . . The Department welcomed back former employee, Ruthalene Weese.

GENERAL SERVICES . . . Mary Titus entertained her brother and his wife from New Jersey . . . Mildred Murray welcomed back her husband who had been working in Alaska . . . Mabel Bennett was married during her vacation to Richard Trenary. Best wishes to them for a happy life . . . Helen Dilbeck enjoyed a week at home with her family . . . Sylvia Arrowood had visitors from the East during the month . . . William Wesley took a week off and vacationed at home . . . Bernice Spearing is still at home recuperating following major surgery and we hope this finds her resting comfortably.

NURSING SERVICE . . . Congratulations to Phil Gallegos who was married during January, and to Harriett Cady, who changed her name to "White" on New Year's Day . . . Florence Titus was hospitalized for a while, but expects to return to work soon . . . Raymond McCubbin did some fishing at Lake Carl Pleasant but the fish just weren't biting . . . Mary Cioppa spent her vacation at home and enjoyed visiting with her sister from Pasadena . . . **R. N.'s Cora Shelato, Gloria Davis, Kathleen White and Janie Padgett spent a week at the Western Interstate Commission for Higher Education Nursing Conference in Tucson** . . . Arthur Burmeister vacationed at home during the month, as did Frances McLaughlin, R. N., and Lucille Steele . . . W. E. Jordan was off duty because of a recurrence of an old foot injury . . . Margie Hunsinger spent some time away from her Information Center duties to recover from oral surgery . . . Jacquelyn Lockhart, former employee (and wife of P. M. Shift Psychiatric Aide Supervisor Albert Lockhart), is suffering from Valley Fever and had to discontinue her nursing studies at Phoenix College. We certainly hope she will be feeling better soon . . . Ralph Bucklin was in St. Luke's Hospital where he battled a case of pneumonia . . . Our sympathies go out to Frank Doty on the loss of his mother . . . The birthdays of Harry Shelton, Bobbie Wilson and Doyle Dunn (Personnel) were celebrated during January in the Nursing Service Office . . . Nellie King is wearing a beautiful pearl ring these days, which is her engagement ring from Harold Oleson. Congratulations to both of them! . . . Ann Panasewicz is enjoying her first grandchild—a girl . . . Cleba and Herman Bruce are enjoying a vacation, as is Lillian Butler . . . James Eversole, Jr., resigned because of illness . . . Mae Gatliff was off duty recovering from an injury . . . Lola Hansen took time off to be with her daughter, who is recovering from surgery . . . Condolences are offered to Thomas Jameson, whose uncle passed away while visiting here from Ohio . . . Mary Prince welcomed a new daughter following the marriage of her only son . . . Juanita Cayton and Margie Byrne entertained out-of-town guests during the month . . . Agnes Coughlin is very proud of her husband these days. He recently completed his studies at Arizona State University . . . William White is convalescing at home following surgery . . . John Schoettner was a "stay-at-home" vacationer during January . . . Edith Lacy divided her vacation between visiting Tucson and entertaining guests from the Coast . . . Joy Koutz and Nona Scholes vacationed at home recently . . . Pete Ortiz resigned to attend college in Las Vegas, New Mexico . . . Jeannine Parks chose to leave us during the month . . . The Jamesons (Betty and Tom) and Vivian Stut are now grandparents of nine German Shepherd puppies—figure that one out, if you will, please . . . Ella Cox modeled a new hair style at the State Board of Beauty Culture in Tucson recently . . . Mabel Kremer has resigned to prepare for her coming marriage. Congratulations and much happiness, Mabel! . . . Louis Garcia spent his vacation at home, while James Quinton traveled down to Mexico City during his time off.

Guess this is all for this time.

Personality Profile

Meet

Mrs. Cora Small

Supervisor, Housekeeping, General Services

Whenever a department requires the services of Housekeeping, their request is usually taken by Mrs. Cora Small, a quiet, refined and gracious young lady, whose willingness to please is outstanding.

Born in Doxier, Alabama, Cora and her family moved to Montgomery, Ala., when she was six. There she attended St. Mary's School, later enrolling at Booker T. Washington, where she completed elementary and high school. She attended Alabama State Teachers' College, but within a year had decided upon a course in "marital status."

Before coming to Arizona she was employed as a Doctors' Assistant at the Jackson Hospital in Montgomery. In 1954, she joined her husband, who was then stationed at Luke A.F.B., and began her employment at this Hospital in February, '54, working for Dr. Wick as housekeeper for almost two years.

Taking time out for the birth of a daughter, she returned to A.S.H. in 1956, as an Assistant Housekeeper. After 19 months, she was promoted to her present position. Under her supervision are seven units of personnel. Other duties are property transfer of furniture, storage maintenance and inventory control, etc.

Her husband has been stationed in France for the past 2½ years; consequently, holding down a full time job, rearing four energetic youngsters plus acting as Den Mother for eight cub scouts, leave Cora little time for "hobbies" though occasionally an outdoor movie is enjoyed by the entire family.

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"Service Stripes"

Congratulations to employees who have reached new plateaus of service during the month of January.

5 Years: Marie Starkweather, Counter Attendant Supervisor; Clyde Harrise and Abe Espinoza, Cooks.

1 Year: Katherine L. Vadney, Psychiatric Social Worker; Willis Dick, Purchasing Manager; Nellie L. Dearth, Housekeeper Assistant; Jewel L. Hudson, Counter Attendant; Nona M. Scholes, Ruby I. Medford, ohn F. Stepniak and Allen M. Long, Psychiatric Aides.